

# EXERCYCLE:<sup>®</sup> THE ALL-BODY ACTION<sup>®</sup> MACHINE

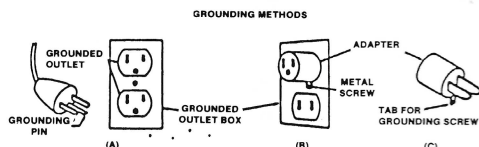


# IMPORTANT

For Your Safety read all instructions before using or servicing. SAVE THESE INSTRUCTIONS.

1. This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

**DANGER** - Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify plug provided with the product -- if it will not fit the outlet; have a proper outlet installed by a qualified electrician.



2. Do not locate your Exercycle exerciser outdoors or on a wet or damp surface or allow anyone to operate Exercycle exerciser when wet, damp, or barefooted.
3. The Exercycle exerciser is not a toy and should not be left plugged into the wall receptacle and unattended especially in the presence of children.
4. Warning: If the thermal overload device on the motor should ever disengage be certain the on/off switch is turned off. Otherwise it will start when you push the red button. Also, do not

pound the red reset button on the motor. If you do not hear a click, at first, wait a few more minutes and try again.

5. Caution: Turn unit on only when you are comfortably seated and fully prepared for its motion and no other person is in close proximity.
6. If operating a two speed unit, always start in low speed.
7. Close supervision is necessary when this unit is used by or near children, invalids, or disabled persons.
8. **DANGER:** to reduce the risk of electrical shock; clean, service or adjust only with unit unplugged. Never attempt to move the pedal shift lever without unplugging the unit.
9. Do not allow anyone except a licensed electrician to make electrical repairs. The unit is equipped with a special motor and no substitute should ever be used.
10. Never ride the exerciser without both hands firmly grasping the handlebar and both feet placed securely in the pedal straps.
11. Never attempt to get on or off the unit until it has come to a complete stop.
12. Use only genuine Exercycle parts when making repairs.
13. Never operate the Exercycle unit if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged or any of the electrical components have been exposed to water or other electrical conducting fluids, or in the presence of combustible gases such as oxygen or aerosol sprays.
14. Keep the cord away from heated or wet surfaces.
15. Never drop or insert any object into any opening, especially the motor.



You're about to learn how you, with the aid of your EXERCYCLE® exerciser can feel better and look better.

Busy people need consistent physical conditioning the most . . . but how, what kind, and when?

Calisthenics improve muscle tone, but do little for the cardiovascular system. Irregular strenuous games can put a strain on the muscles and the heart. Jogging is an acceptable way to obtain aerobic exercise, however there is growing concern for potential resultant skeletal damage.

. . . And when is there time?

According to one well known authority\*, a quality physical fitness program should:

- Involve the major muscle groups
- Place stress on the circulatory system
- Increase strength
- Increase muscular endurance
- Take the joints through a normal range of movement

The EXERCYCLE® exerciser satisfies all of these requirements in a very modest amount of time each day. You needn't be out in the weather or go to the gym.

In just 20 minutes a day you can obtain all of the exercise necessary to attain your desired level of fitness. Using your EXERCYCLE® exerciser as an aid to obtaining exercise, you can simulate the action and obtain the benefits of swimming, rowing, cycling and chin-ups.

#### HEALTH PRECAUTION:

*As with any strenuous physical fitness program, if you are in doubt as to your physical condition, we suggest you contact your physician before starting*

## HOW TO MAINTAIN YOUR EXERCISER

The EXERCYCLE® exerciser is designed to be nearly maintenance free for years of normal use. All of the bearings in the machine have been permanently lubricated.

Every five years, under normal home use, it is advisable to drain the oil in the gear box and refill it with exactly one (1) quart of SAE 140 transmission oil. Be sure to use the oil specified. This oil can be obtained from EXERCYCLE® Corporation. Use the hex wrench supplied with the EXERCYCLE® exerciser to remove the drain plug located on the underside of the gear box and allow the oil to drain into a pan. Replace and tighten the drain plug. Remove the filler plug at the top of the gear box. Refill with exactly one quart (*no more, no less*) and replace the filler plug.

If your machine should ever require service, contact your nearest authorized EXERCYCLE® dealer. In the event that you move after purchasing your EXERCYCLE® exerciser, we will be pleased to furnish the name of the local dealer in your new location.

Perspiration is highly corrosive. To protect the beauty of your All Body Action® exerciser, a light coat of wax or polish should be applied at regular intervals. Perspiration should be wiped off after use.

# BEFORE YOU START

With your EXERCYCLE® exerciser, you are equipped to provide yourself with a customized program for physical conditioning. But first you must be sure that your equipment is properly adjusted for you.

With the EXERCYCLE®'s On/Off switch in the "Off" position, turn the Weight Adjustment Wheel (G in the illustration) until the dial is at your approximate weight.

Now seat yourself on the machine. The EXERCYCLE® exerciser is equipped with an exclusive seat design and a comfortable fit for any rider. Does the seat seem to be at the right height? You can adjust the seat to a comfortable height by loosening the Setscrew (B), moving the seat as required, then tightening the Setscrew down hard with the hex wrench that comes with every machine.

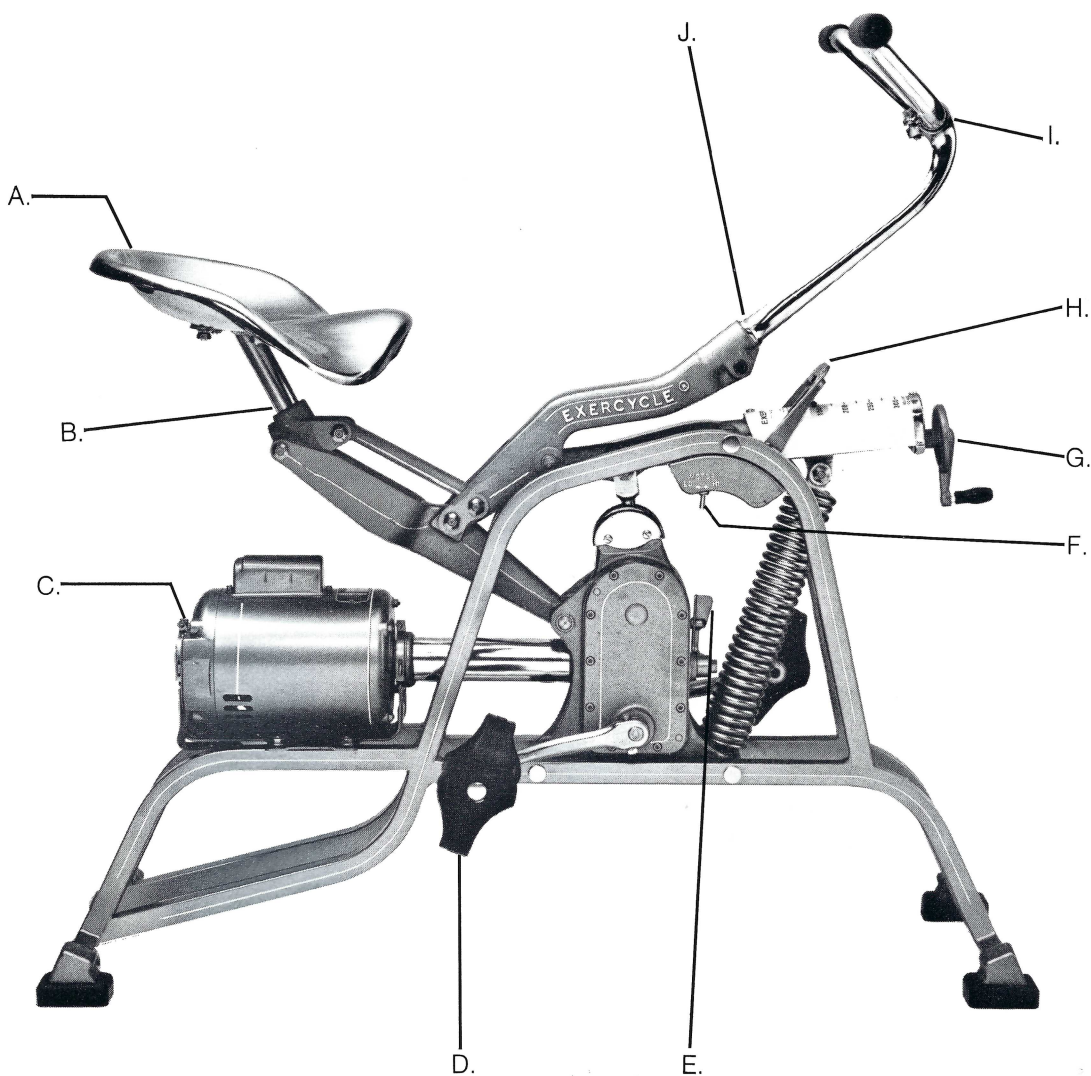
How about the handlebars? Too high? Too low? Loosen the Handlebar Adjustment Screw (I) and move the handlebars up or down to a comfortable position. For the average rider, position as in the illustration. The Fork Adjustment Screw for the handlebars (J) should be tightened just snug enough to prevent the handlebars from swiveling under their own weight, because you may want to change their position from left to right and all the way down for greater body action. Now check the other items noted in the illustration while examining your own EXERCYCLE® exerciser.

The motor (C) is powerful enough to accommodate the strongest physical fitness devotee and is protected by a thermal overload device. If your EXERCYCLE® exerciser should stop running when you are riding, some overload in your house circuit may have occurred, causing the motor to overheat. The "Thermoguard," like your house circuit breaker, has been automatically activated to protect the motor. Switch off your machine, wait a few minutes, and then press hard on the red button on the back of the motor until you hear a click. Now recommence exercising.

Pedals and straps (D) are custom made of the finest materials to accommodate the majority of foot sizes.

If you should care to ride your EXERCYCLE® exerciser with only the seat and handlebars in motion, you can disengage the pedals by means of the Pedal Shift Lever (E). Unless some physical reason dictates, it is better to leave the pedals engaged. To engage the pedals, press the lever (E) toward the "in" position, and at the same time, rotate the pedals slowly by hand until the clutch engages. To disengage the pedals, press on lever (E) toward the "out" position.

Most conditioning . . . certainly in the beginning of each cycle . . . should be done at the low speed. Once you are in somewhat better condition, you may choose to try the action at high speed. Just flip the Speed Control Switch (F) forward.



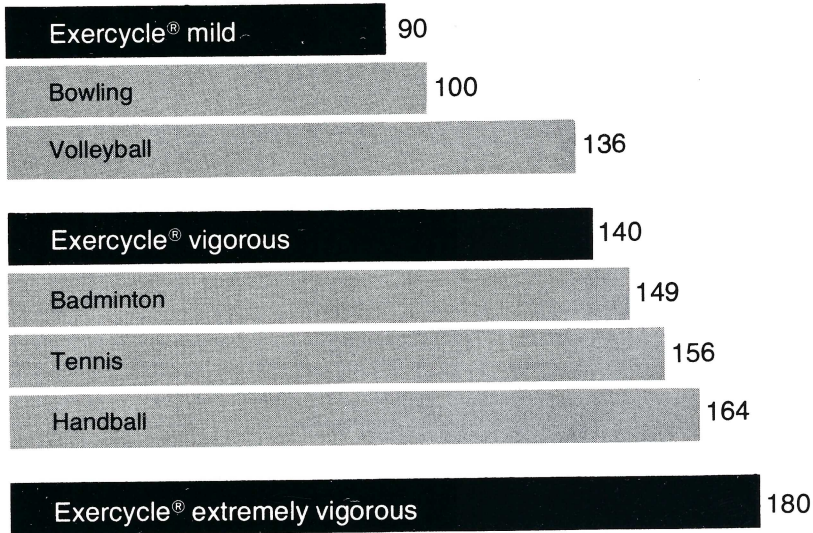
- A. Fully Adjustable Seat
- B. Seat Height Adjustment Screw
- C. Motor
- D. Pedal
- E. Pedal Shift Lever
- F. Speed Control Switch

- G. Weight Adjustment Wheel
- H. On/Off Safety Switch
- I. Handlebar Adjustment Screw (Up-Down)
- J. Handlebar Adjustment Screw (Rotation)



You may wonder how EXERCYCLE® exercise compares to various sports activities. The exhibit below shows data on the pulse rate of participants in five sports activities together with various levels of exertion on an EXERCYCLE® exerciser.\*\* These data illustrate that EXERCYCLE® exercise can be as vigorous as you want — from a very mild workout to a very strenuous one — or anything in between. And all in the privacy and convenience of your own home or office.

### Pulse Rate—Beats Per Minute



*\*\*Data developed by Paul A. Hunsicker, Ph.D., Chairman, Department of Physical Education  
University of Michigan. Subjects: Varsity Athletes*

# IMPROVING YOUR PHYSICAL FITNESS

With the EXERCYCLE® exerciser, you can get as little or as much exercise as you desire. The machine automatically accommodates the level of energy that you put into it.

Just following the EXERCYCLE® motion without exerting yourself can be beneficial. In fact, that's the best way to start your conditioning cycle. Your body will soon attune itself to the rhythm. . . . But while it may get your body ready, it will not give you the maximum benefits.

Let's find out what will. After you have made all the adjustments to make sure your EXERCYCLE® exerciser provides you with a custom fit, get aboard.

With your left hand on the center part of the handlebar and your feet securely in the pedal straps, use your right hand to engage the starting switch. Just relax and follow the rhythmic motion of your EXERCYCLE® exerciser. You are beginning to tone your muscles now!

After a five minute warm-up, begin to exert some pressure in an effort to accelerate the motion of the pedals and the handlebars. Push . . . Pull . . . and Pedal to the rhythmic motion of the EXERCYCLE® exerciser.

After you have applied a modest effort to speed up the rhythm by push — pull — and pedal, less than a minute, relax again for a few seconds and let the machine carry you through the motions. Then push — pull — and pedal again . . . but harder and longer this time . . . then again relax.

Try to work up to this pattern of intermittent relaxation and exertion for about 20 minutes. Don't overdo it, particularly when you first start out. Your body will tell you when and for how long to maintain the push—pull—pedal exertion.

At the end of your 20 minute conditioning period, relax again for a 5 minute cool down until your body is completely flexible and relaxed.

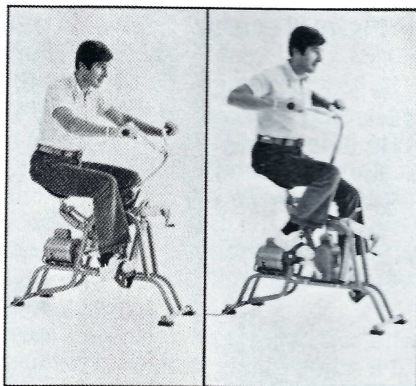
This simple 20-minute conditioning period (plus 5-minute warm up and cool down) will enable you to exercise all of the major muscles in your body. With Exercycle®'s unique All Body Action, you'll feel and look better than you have in years.

# VARIATIONS

When you have conditioned yourself for several days, you may wish to move the Speed Control Switch to "High" for some portion of your conditioning period. Care should be taken to ensure that your warm-up or conditioning cycles are not too abrupt, before using your EXERCYCLE® at this higher speed. After you have used the Exercycle for a period of time and have become more physically fit, you may want to try a variety of Exercycle exercises that are particularly effective in toning and firming certain muscles and areas of the body.

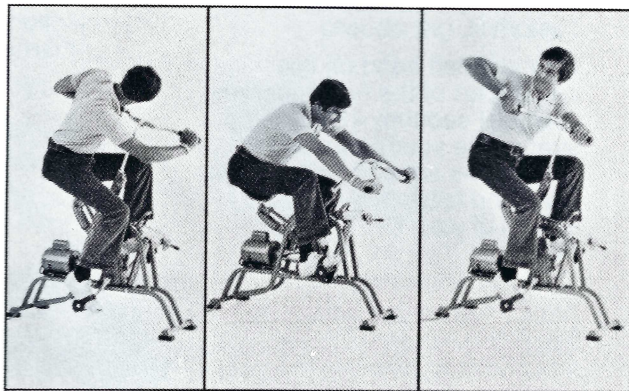
## 1. STANDARD

This is an excellent all-around exercise. Muscles in the legs, hips, abdomen, chest and arms can be exercised as vigorously as the rider chooses. Sit on the Exercycle with your feet in the pedal straps with both hands on top of the handlebars. As you exert pressure to accelerate the motion of the machine, keep your back erect. As the handlebars come toward you, keep your elbows out straight.



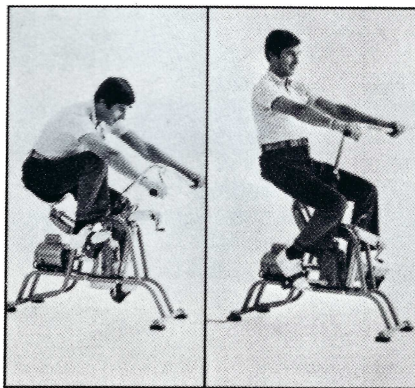
## 2. SWIMMING

This is a particularly fine shoulder, arm, neck and hip exercise. With the handlebar fully reversed, swivel the handlebar away from you on the left side as the handlebar moves downward. As the motion of the machine continues, slowly swivel the right side of the handlebar away from you so that your right arm will be fully extended at the bottom of the next down stroke.



## 3. ROWING

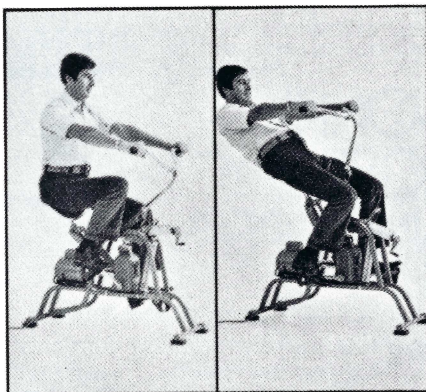
A vigorous back, shoulder, abdomen and arms exercise. With this exercise, the handlebar is fully reversed and you pull up on the handlebar as you would a pair of oars.





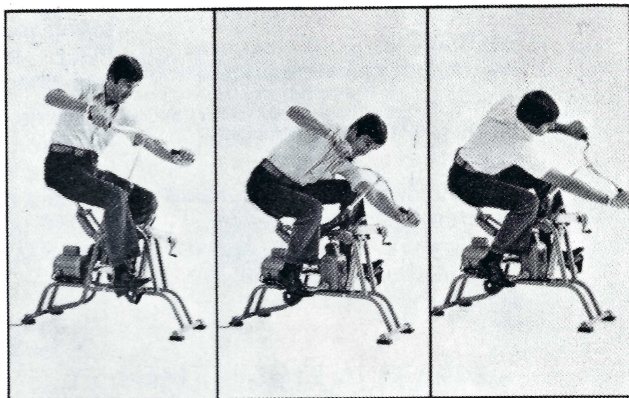
## 4. STRAIGHT BACK

This is an advanced exercise that is especially effective for toning up muscles in the abdomen. It also tones muscles in the back and thighs. With the handlebar in the regular position, you follow the motion of the machine while keeping your arms perfectly straight and fully extended, such that the action pushes your back as far back as possible with each stroke.



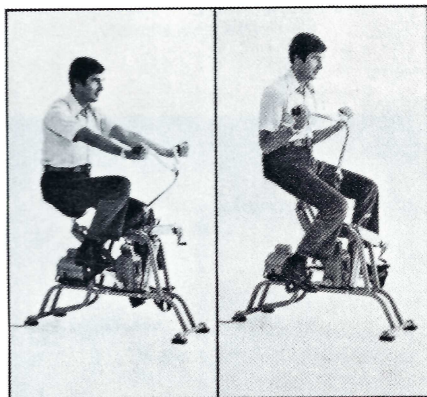
## 5. STRETCH

An advanced arm, back, hip, thigh and stomach exercise. With the handlebar reversed, you swivel the handlebar away from you on your left side to the limit of your reach and then to the right on the next stroke, continuing an alternating motion of arm extension, while following the other motions of the Exercycle.



## 6. CHIN UPS

An excellent arm, shoulder, chest and abdomen exercise. With the handlebar in the regular position, grip the handlebar with your palms facing upward. Pull on the handlebar as it comes toward you.



## 7. CYCLING FOR ALL

During all of the exercises described, you get the additional benefits obtained from the cycling motion of the legs.

# THE PERSONAL EXERCISE PLANNER, PEP

As you use your EXERCYCLE® exerciser some questions might occur:

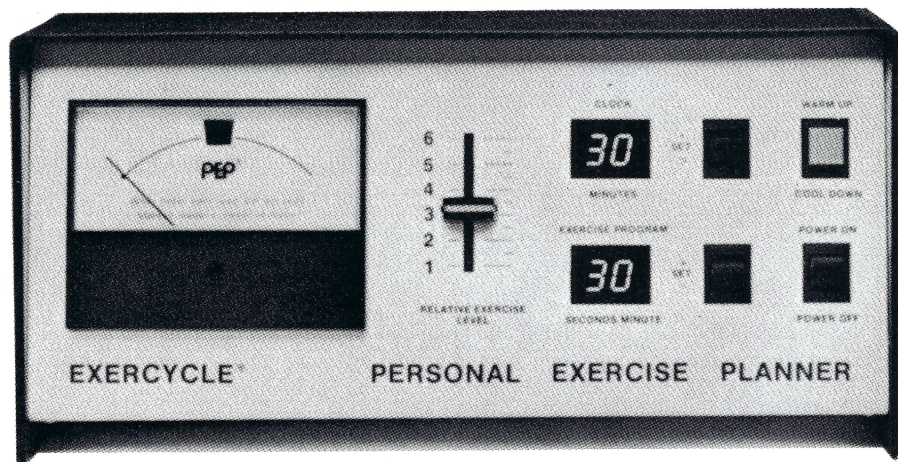
- How long should I PUSH . . . PULL . . . and PEDAL during each cycle?
- How much pressure should I exert?
- What kind of progress can I expect?

We at EXERCYCLE® Corporation have created the PERSONAL EXERCISE PLANNER to answer these questions and more. We call it the P E P® unit.

The P E P® unit makes it possible for each individual to create their own custom exercise program.

The P E P® unit will take you through your conditioning cycles, telling you just when to PUSH ... PULL ... and PEDAL ... how hard, and when to relax.

Since no two people are alike, no two exercise programs can be identical either. If you would like to see a demonstration of the P E P® unit, just contact your local EXERCYCLE® dealer.

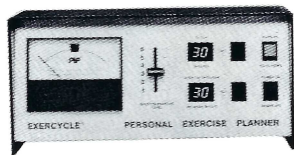


# EXERCYCLE® ACCESSORIES

Although every EXERCYCLE® exerciser is fully equipped, you may find that these accessories, which are specially engineered by EXERCYCLE Corp., will enhance the enjoyment and convenience of your daily EXERCYCLE® program.

## PEP® SYSTEM

The Personal Exercise Planner is an electronic EXERCYCLE® feature that can add greatly to the efficiency of your exercise program, permitting you to measure your daily progress.



## PEP® STAND

The PEP® stand easily mounts on the front of the EXERCYCLE® exerciser so that your PEP® will be easily visible directly in front of you.



## SEAT CUSHION

Some people prefer a padded seat cover for added comfort and stability.



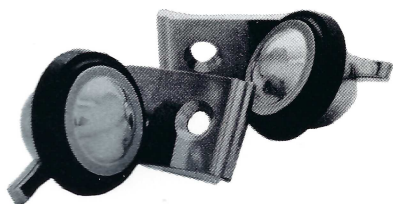
Cushion pictured is made of naugahyde. A sheepskin or suede seat cushion is also available.

## ELONGATED SEAT POST FOR EXTRA TALL RIDERS



## CASTERS AND BRACKETS

Chrome-plated casters and wide-track brackets provide stability and let you move your EXERCYCLE® exerciser easily from place to place.



## ADJUSTABLE PEDAL CRANKS

These pedal cranks can be adjusted to three different lengths for those with special needs.



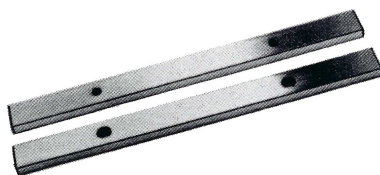
## HANDLEBAR DUAL BEARING ASSEMBLY

Recommended for continuous-use applications, such as salons, gymnasiums, etc.



## STABILIZER KIT

For use on high-pile carpeting, or where the physical limitations of the user require extra stability.







Exercycle® is the registered trademark of the  
Exercycle Corporation, P.O. Box 1349, Woonsocket, RI 02895